

# WellCast

## AVOIDING the

### FRESHMAN 15



DATE \_\_\_\_\_

- 1 Pencil in your classes & activities, then plan what you'll eat based on your schedule! Remember to space them 3 hours apart!

SUN MON TUE WED THUR FRI SAT

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## 2 The two-thirds Rule

Follow this simple rule of making sure  $\frac{2}{3}$  RDS of your plate is filled with grains, veggies & fruits.

## 3 The 20 - Minute Rule

After your first round, wait at least 20 min. before going for seconds!

## 4 Get Active

Make an effort to join sports or fitness clubs. Does your school have a gym?

## 5 Address that Stress!

If you're feeling too overwhelmed, seek out school counselors & advisor.